

ABSTRAK

Lisa, Yosefina, Fatima. 2020. *Efektivitas Teknik Self-Management Dalam Konseling Kelompok Melalui Google Meet Untuk Meningkatkan Minat Belajar Siswa Secara Daring Saat Pandemi Covid-19*. Skripsi. Program Studi Bimbingan dan Konseling. Universitas PGRI Adi Buana Surabaya. Pembimbing Drs. H. Sutijono, MM dan Bapak Dimas Ardika M.S.Pd., M.Pd.

Kata kunci: *Self-management*, Konseling Kelompok, Minat Belajar Siswa.

Penelitian ini bertujuan untuk menguji signifikansi Efektiv Teknik *Self-Management* dalam Konseling kelompok melalui *Google Meet* untuk meningkatkan minat belajar siswa kelas X IPS 1 SMA Dr. Soetomo Surabaya.

Penelitian ini menggunakan rancangan metode penelitian *pra-eksperimen* dengan rancangan *One Group pretes posttest Design* pada populasi 31 siswa kelas X IPS 1 di SMA Dr. Soetomo Surabaya. Penelitian melibatkan 5 orang siswa kelas X IPS 1 di SMA Dr. Soetomo Surabaya sebagai sampel penelitian yang diambil secara *purposive Sampling*. Metode pengumpulan data menggunakan skala pengukuran yang telah dilakukan uji validitas butir dan uji reabilitas *alpha cronbach* sebesar 0,931. Hasil Uji validitas butir skala pengukur Minat belajar siswa kelas X IPS 1 di SMA Dr. Soetomo Surabaya antara 0,082-0,785. Data penelitian dianalisis menggunakan bantuan *SPSS For Windows* versi 26.0 dengan analisis data statistika *parametric* yang menggunakan teknik Uji-T *Indenpendet* atau $f = 2,819$ pada taraf signifikansi 0,001 yang artinya signifikansi.

Jadi hasil penelitian ini dapat disimpulkan ditemukan bahwa penggunaan teknik *self-management* dalam konseling keleompok melalui *Google Meet* memiliki pengaruh yang signifikan

meningkatkan minat belajar siswa kelas X IPS 1 di SMA Dr.soetomo Surabaya.

ABSTRACT

Lisa, Yosefina, Fatima. 2020. Effectiveness of Self-Management Techniques in Group Counseling through Google Meet to Increase Student Interest in Online Learning During the Covid-19 Pandemic. Essay. Guidance and Counseling Study Program. PGRI Adi Buana University, Suarabaya. Advisor Drs. H. Sutijono, MM.

Keywords: Self-management, Group Counseling, Student Interest in Learning.

This study aims to test the effectiveness of Self-Management Techniques in group counseling through Google Meet to increase student interest in learning class X IPS 1 SMA Dr. Soetomo Surabaya.

This study used a pre-experimental research method with One Group pretest posttest design in a population of 31 students of class X IPS 1 at SMA Dr. Soetomo Surabaya. The study involved 5 students of class X IPS 1 at SMA Dr. Soetomo Surabaya as a research sample taken by purposive sampling. Methods of data collection using a measurement scale that has been tested the validity of the items and the Cronbach alpha 0,931 reliability test. The results of the test of the validity of the measuring scale item. The students' learning interest in class X IPS 1 at SMA Dr. Soetomo Surabaya between 0.082-0.785. The research data were analyzed using the help of SPSS For Windows version 26.0 with parametric statistical data analysis using the Indenpendet T-Test technique or $f = 11.824$ at the significance level of 0.0001 which means significant.

So the results of this study can be concluded that the use of self-management techniques in group counseling through Google Meet has a significant effect on increasing student interest in learning class X IPS 1 at SMA Dr.soetomo Surabaya.

